



KIRKLAND KIDS TRIATHLON

"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized."

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, ½ mile run. Registration will close September 8th. Day of event registration will be available beginning at 10:15am however; participants are encouraged to register prior to the event.

AGES 3 TO 12 YEARS
SEPTEMBER 10, 2016
JUANITA BEACH

Race begins at 11:00am
Check in begins at 10:15am

\$32 • Registration #48081

**Participants will receive swim cap,
T-shirt & ribbon**

Music

Move Over Mozart Piano Classes

Grade K to 6; Ages 5 to 12 years

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists).

For more information visit moveovermozart.net
Location: NKCC



Monday classes 9 weeks • No class 5/30
Resident \$89 / Non-Resident \$107

Ages 5–6	Mon	4:30–5pm	Apr 11–June 13	48485
Ages 7–8	Mon	5:30–6pm	Apr 11–June 13	48492
Ages 9–12	Mon	6–6:30pm	Apr 11–June 13	48494

Tuesday & Thursday classes • 10 weeks
Resident \$99 / Non-Resident \$119

Ages 5–6	Tue	4–4:30pm	Apr 12–June 14	48486
Ages 5–6	Thur	4:30–5pm	Apr 14–June 16	48487
Ages 5–6	Thur	6–6:30pm	Apr 14–June 16	48488
Ages 7–8	Thur	5–5:30pm	Apr 14–June 16	48493

Monday classes 8 weeks • No class 7/4
Resident \$79 / Non-Resident \$95

Ages 5–6	Mon	4:30–5pm	June 20–Aug 15	48500
Ages 7–8	Mon	5:30–6pm	June 20–Aug 15	48507
Ages 9–12	Mon	6–6:30pm	June 20–Aug 15	48509

Tuesday & Thursday classes • 9 weeks
Resident \$89 / Non-Resident \$107

Ages 5–6	Tue	4–4:30pm	June 21–Aug 16	48501
Ages 5–6	Thur	4:30–5pm	June 23–Aug 18	48502
Ages 5–6	Thur	6–6:30pm	June 23–Aug 18	48503
Ages 7–8	Thur	5–5:30pm	June 23–Aug 18	48508

Move Over Mozart Advanced Piano Classes

Ages 5 to 12 years

Admittance to advanced classes will need teacher approval. This is for the student that has already taken several sessions with Move Over Mozart. Class will focus on learning to read notes on the staff, recognizing patterns in the music and identifying intervals.

For more information visit moveovermozart.net
Location: NKCC

Spring 10 weeks • Resident \$99 / Non-Resident \$119

Ages 5–7	Tue	5–5:30pm	Apr 12–June 14	48510
Ages 8–12	Tue	5:30–6pm	Apr 12–June 14	48511

Summer 9 weeks • Resident \$89 / Non-Resident \$107

Ages 5–7	Tue	5–5:30pm	June 21–Aug 16	48512
Ages 8–12	Tue	5:30–6pm	June 21–Aug 16	48513

Beginning Guitar Turbo Charged!

Ages 15 to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class.

Student must provide their own instrument
Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 5/30 & 7/4 • Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Apr 11–June 6	48603
Mon	6:30–7:30pm	June 20–Aug 15	48604

Guitar Song Workshop **NEW!**

Ages 12 to Adult

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn how to learn and practice your favorite songs using basic techniques. Acoustic and Electric.

Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 5/30 & 7/4 • Resident \$98 / Non-Resident \$118

Mon	5:15–6:15pm	Apr 11–June 6	48605
Mon	5:15–6:15pm	June 20–Aug 15	48606

For Move Over Mozart classes for ages 3-4 years, see page 21.

After School

Rainforest Island After School

Ages 5 to 11 years

Children learn all about the Rainforest of Amazon, and the animal and plant kingdom. As they travel around Rainforest Island, they will have a challenge tied to each stop and lessons related to a particular animal that lives in an area of the forest. Children learn about the Forest Floor, The Under Story, The Canopy and the Emergent layers of the forest, and which animals survive where, and why. Other learning include adaptation, prehensile tails, and survival! Fun activities like Monkey Swings, Toucan Games, Hut Building and more! This is a wonderful island for those children interested in animals, the environment, and arts and crafts along with Science, Tech, Engineering and Math. We end our rainforest exploration with a Rainforest Island Ice Cream Sundae event using fruits from the rainforest!

*Instructor: Challenge Island Staff • Location: NKCC
8 weeks • Resident \$134 / Non-Resident \$161*

Wed	2:30–3:30pm	Apr 13–June 1	48597
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Sailing into Science **NEW!**

Ages 8 to 12 years

Sailing into science is an exciting new program from Sail Sand Point that combines the fun of sailing with science and math. Learn how physics and simple machines, along with the natural forces of wind and water, power a sailboat by building and conducting experiments. The course will include an introduction to sailboats and design along with hands-on exploration of the different ways that the environment can affect sailing.

Location: PKCC • Resident \$90 / Non-Resident \$108

Wed	3:30–5:30pm	Apr 27, May 4, 11, 18	48718
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Art: Young Rembrandts



Cartooning with Young Rembrandts

Ages 6 to 12 years

Exercise your funny bone while learning to draw original cartoon characters. You'll learn to create fully-realized cartoon characters from familiar subjects like dogs, farm animals, and insects. Drawings of funny cartoon cars will spark your imagination. You will also develop visual story telling skills as you draw sequential images. All this and more awaits you in a Young Rembrandts cartooning class. Our classes fill quickly—enroll today!

*Instructor: Young Rembrandts • Location: NKCC • 5 weeks
Resident \$65 / Non-Resident \$78*

Tue	4–5pm	Apr 12–May 10	48598
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Young Rembrandts Mixed Media Workshop: Household Pets **NEW!**

Ages 6 to 12 years

Learn to draw animals in the Young Rembrandts Household Pets workshop. We'll get our feet wet on the first day as we draw a stylized aquarium graphic. The second day will be a colorful one as we learn to draw a detailed birdcage. We'll also explore the playful side of our animal friends in silly cartoon situations. On the last day of class, we will create a wonderful pet-inspired, pastel illustration. Please wear an old shirt or smock to the final day of class. Enroll today!

*Instructor: Young Rembrandts • Location: NKCC • 4 weeks
Resident \$89 / Non-Resident \$107*

Tue	4–6pm	May 17–June 7	48599
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Young Rembrandts Anime and Manga **NEW!**

Ages 6 to 12 years

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five action-packed days, and create dazzling illustrations influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. Don't miss this chance to learn about these popular cartoon styles. Sign up today!

*Instructor: Young Rembrandts • Location: NKCC • 5 weeks
Resident \$179 / Non-Resident \$215*

Wed	1–4pm	June 22–July 20	48601
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Young Rembrandts Fashion Runway: Tween Style **NEW!**

Ages 6 to 12 years

Join us for 4 days of fashion design and drawing, layering and styling and tons of dazzling accessories. The perfect workshop for the young fashionista! You will learn to draw portraits, figures and tons of the latest fashion trends. Hurry and enroll now, this workshop favorite fills up fast!

*Instructor: Young Rembrandts • Location: NKCC • 4 weeks
Resident \$144 / Non-Resident \$173*

Wed	1–4pm	July 27–Aug 17	48602
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Ceramics

Clay Class

Ages 5 to 8 years

Young artists will discover the wonders of working in clay while developing skills in creating 3-dimensional art. Students will create and glaze hand-built treasures through exploration of subject matter including animals and nature.

*Pieces will be fired at Kirkland Arts Center • Classes offered in partnership with the Kirkland Arts Ctr • Location: PKCC
6 classes • Resident \$75 / Non-Resident \$90*

Sat	9:30–11am	Apr 9–May 14	48199
Sat	9:30–11am	July 9–Aug 13	48200

Life Skills & General Interest



Self Defense for Children

Ages 5 to 9 years with parent

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5-9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell.

Instructor: Joann Factor. Location: NKCC

Resident \$43 / Non-Resident \$52

Sat	12:30–2pm	Apr 23	48612
Sat	12:30–2pm	July 9	48785

Young Ladies & Gentlemen (Etiquette)

Ages 6 to 11 years

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

Instructor from Final Touch Finishing School

• Location: Heritage Hall, 203 Market St, Kirkland

Bring supply fee of \$5 payable to the instructor for Etiquette Booklet • Resident \$39 / Non-Resident \$47

Tue	9am–12pm	July 12	48613
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Starting Point— Middle School Success **NEW!**

Ages 12 to 14 years

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

Instructor: from Final Touch Finishing School

Location: Heritage Hall, 203 Market St, Kirkland

Resident \$54 / Non-Resident \$65

Tue	1–5pm	July 12	48614
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Kid Safety

Ages 9 to 13 years

Kids think they are ready to stay home alone and parents wonder if it's okay to let them. This three-hour home-alone class will help your 9 to 13-year-old take the next step in independence while giving you peace of mind. Topics include: responsibilities when staying home alone, simple first aid and abdominal thrusts for choking victims, how to navigate the online world, fire safety and what to do around an aggressive dog. We'll also discuss the truth behind abuse, abduction, and stranger danger. Bring a supply fee of \$5 payable to the instructor for the Safe Kids 101 book.

Instr: Cindy Tucker • Location: NKCC • Res \$35 / Non-R \$42

Sat	9am–12pm	July 30	48618
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Super Sitters

Ages 11 to 15 years

This program is designed to train young people in basic babysitting and home-alone skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a Babysitting 101 handbook and a certificate of completion at the end of class.

Bring a sack lunch, drink, and afternoon snack

Instructor: Cindy Tucker • Location: NKCC

Resident \$50 / Non-Resident \$60

Sat	9am–2pm	Apr 30	48615
Sat	9am–2pm	July 23	48616

Self Defense for Teen Girls Only

Ages 14 to 19 years

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend. Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$60 / Non-Resident \$72

Sat	1–4pm	Apr 16	48619
Sat	1–4pm	Aug 28	48620

Self Defense for Girls Off to College

Ages 17 to Adult

Maximize the positive in your next four years: learn simple and effective ways to stay out of harm's way on and around campus while still enjoying the full college experience. In this short seminar, we will address 2 ways to identify possible evil-doers, 3 strategies to evade them, and 4 techniques to neutralize their ill intent. Some of this class will be physical, some verbal, and all aimed at increasing your choices. EmPOW-ERment doesn't get more fun! Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$70 / Non-Resident \$84

Sat	12:30–4pm	June 25	48621
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Cooking

Creating in the Kitchen with Karen

Ages 4 to 8 years

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 8 weeks • No class 5/30 • \$10 supply fee payable to instructor • Resident \$72 / Non-Resident \$86

Mon	3:50–4:50pm	Apr 25–June 20	48515
Mon	3:50–4:50pm	June 27–Aug 22	48517

Summer Workshop: Dinner and Dessert with Karen

Ages 6 to 8 years

Come have some fun learning to create a three course meal fit for your family dinner including dessert too! Each day we will have new recipes and will talk about: picking fresh and healthy ingredients, chopping, measuring, and the correct cooking method needed for each course. This program is hands-on so dress for cooking and an explosion of flavor!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St., then turn into the 1st driveway on the right)
Resident \$124 / Non-Resident \$149

Tue, Wed, Thur	1–3pm	Aug 2–4	48607
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For Creating in the Kitchen with Karen ages 3–5, see page 20.

Language

Polly-Glot Tots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.

French For Children

Ages 5 to 9 years parent participation optional

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

*Instructor: Frederique Battestini / Polly-Glot Tots
Location: NKCC*

Spring 9 weeks • No class 5/28
Resident \$151 / Non-Resident \$181

Sat	10–10:45am	Apr 16–June 18	48608
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Summer 6 weeks • Resident \$101 / Non-Resident \$121

Sat	10–10:45am	July 9–Aug 13	48609
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Spanish for Elementary Youth

Ages 5 to 9 years

Help your children get a head start by learning a foreign language early. This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities.

Instructor: Polly-Glot Tots • Location NKCC

Spring 9 weeks • No class 5/28
Resident \$151 / Non-Resident \$181

Sat	9–9:45am	Apr 16–June 18	48610
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Summer 6 weeks • Resident \$101 / Non-Resident \$121

Sat	9–9:45am	July 9–Aug 13	48611
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For Parent/Child Spanish and Chinese ages 1–5 years, see page 19.

Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! “I’m giving them the courage-and the permission to be loud with someone who’s physically threatening them,” said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self-esteem and gives students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

*Location: Miller’s Martial Arts Acdmy 8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller • 8 weeks
No class 5/28 • Resident \$57 / Non-Resident \$68*

Sat	9:45–10:30am	Apr 16–June 11	48622
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Cheerleading

Dream Team Cheer Squad

Ages 7 to 18 years

Be a part of the Kirkland Parks beginning-to-intermediate level cheer squad! You’ll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games.

Previous experience is not required—contact instructor with questions, anne@EastsideDreamElite.com. (Some extra uniform costs may be incurred for this class.)

*Location: NKCC • 9 classes • No class 5/19
Resident \$96 / Nonresident \$115*

Thur	4–5:30pm	Apr 14–June 16	48637
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Ice Skating All Ages

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, participants will progress toward more advanced footwork.

See page 24



Youth Dance

Meet new instructor, fun and enthusiastic Elbert Lubas, who has many years of experience in hip hop, modern, contemporary, lyrical, jazz, and tap dance. Elbert has taught and choreographed kids programs, multiple musical programs, polished dance teams, and assisted with dance concepts for theater shows. He fosters a supportive, challenging, and encouraging forum to learn and express an art through movement and dance.

Hip Hop Girls 1

Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, and dance to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to "today's" (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 8 weeks • No class 5/30, 7/4 & 7/18

Resident \$57 / Non-Resident \$68

Mon	4-4:45pm	Apr 11-June 6	48630
Mon	4-4:45pm	June 20-Aug 22	48631

Hip Hop Boys 1

Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing and tennis shoes please!

Location: NKCC • 8 weeks • No class 5/30, 7/4 & 7/18

Resident \$57 / Non-Resident \$68

Mon	4:50-5:35pm	Apr 11-June 6	48632
Mon	4:50-5:35pm	June 20-Aug 22	48634

Jazz 1 **NEW!**

Ages 8 to 10 years

Jazz is an energetic, fun, technical dance. Do you enjoy the free movement of Hip Hop but still like the technical application of Ballet? If so, Jazz 1 would be a great class for you. It's a great way to stay fit and learn some energetic dance moves. We will process everything from Broadway Jazz to Street Jazz in this class.

Leather-soled ballet slippers required • Location: NKCC

Spring 9 weeks • Resident \$64 / Non-Resident \$77

Thur	4-4:45pm	Apr 14-June 9	48756
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Summer 8 weeks • No class 7/21 • Res \$57 / Non-Res \$68

Thur	4-4:45pm	June 23-Aug 18	48759
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Ballet 2

Ages 8 to 9 years

This class for boys and girls will give the opportunity to learn ballet technique and vocabulary by participating in standard ballet fundamentals. Class will start with Barre and Stretch where each student will learn positioning and posture. As class progresses students will enhance their skills and knowledge with a center combination. This class is geared to teach youth in an open & positive environment and will enhance their balance, strength, and coordination. Class includes a great balance of technical training, musicality and choreography. Two ballet classes per week are recommended for continual progress.

Leather-soled ballet slippers required • Location: NKCC

Spring 9 weeks • Resident \$86 / Non-Resident \$103

Thur	4:50-5:50pm	Apr 14-June 9	48848
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Spring & Summer 8 weeks • Resident \$76 / Non-Res \$91
No class 5/30, 7/4, 7/18 & 7/21

Mon	5:45-6:45pm	Apr 11-June 6	48847
Mon	5:45-6:45pm	June 20-Aug 2	48849
Thur	4:50-5:50pm	June 23-Aug 18	48850

Lyrical/Contemporary **NEW!**

Ages 8 to 12 years

Lyrical and Contemporary are popularized in commercial dance today. Have you watched *So You Think You Can Dance* or *X Factor* and thought to yourself, "I would love to do that"? If so, this is the class that will teach you how to combine Ballet & Jazz with some stylistic music.

Leather-soled ballet slippers required • Location: NKCC

Spring 9 weeks • Resident \$64 / Non-Resident \$77

Thur	5:50-6:35pm	Apr 14-June 9	48761
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Summer 8 weeks • No class 7/21 • Res \$57 / Non-Res \$68

Thur	5:50-6:35pm	June 23-Aug 18	48762
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Youth Dance

Keiki Hula

Ages 5 to 8 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance. Please wear shorts and t-shirts to class.

Instructor: Jeanne Makanaoklani Porter • Location: NKCC

Spring 9 weeks • Resident \$64 / Non-Resident \$77

Wed	5:30-6:15pm	Apr 13-June 8	48627
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Wed	5:30-6:15pm	June 22-Aug 10	48628
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Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Tue	5:45-6:30pm	Apr 12-June 14	48623
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Summer 8 weeks • No class 7/19

Resident \$58 / Non-Resident \$70

Tue	5:45-6:30pm	June 28-Aug 23	48624
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Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425-587-3350. Bring your cameras, Parent Watch day is the last day of session • Location: NKCC

Spring 9 weeks • No class 5/28

Resident \$65 / Non-Resident \$78

Sat	11:30am-12:15pm	Apr 16-June 18	48625
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Summer 8 weeks • No class 7/2

Resident \$58 / Non-Resident \$70

Sat	11:30am-12:15pm	June 25-Aug 20	48626
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Teen Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet—Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Location: PKCC • **Instructor:** Marco Carrabba

Mondays 6 classes • No class 4/11, 5/30 & 7/4
Resident \$66 / Non-Resident \$79

Mon	4:15–5:15pm	Apr 4–May 16	47975
Mon	4:15–5:15pm	May 23–July 11	47976

Mondays 5 classes • Resident \$55 / Non-Resident \$66

Mon	4:15–5:15pm	July 18–Aug 15	47981
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Wednesdays 6 classes • No class 4/13
Resident \$66 / Non-Resident \$79

Wed	4:15–5:15pm	Apr 6–May 18	47977
Wed	4:15–5:15pm	May 25–June 29	47978
Wed	4:15–5:15pm	July 6–Aug 10	47982

Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2 • **Location:** La Luna Gym, 11251 120th Ave NE Suite #150, Kirkland
www.lalunagym.com

Rhythmic Gymnastics for Youth

Girls Ages 6 to 8 years

In this class for new and continuing students we will work on ballet, conditioning, and the basic study of Rhythmic Gymnastics. Simple routines will be taught to new students while using hoop, ball, and rope. We will challenge continuing students with advanced routines and all other areas of Rhythmic Gymnastics. Gymnasts in this class may be invited to participate in the Academy's performances and exhibitions.

Gymnastics leotard required, bare feet or socks OK.

Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • 5 weeks • No class 5/28 • Note classes are 1½ hr
Resident: \$90 / Non-Resident \$108

Sat	1–2:30pm	Apr 16–May 14	48581
Sat	1–2:30pm	May 21–June 25	48591

For Rhythmic Gymnastics ages 4–5, see page 23

Sports & Fitness

UK Elite Soccer—Individual Development Program (IDP)

The UK Elite Soccer Individual Development Program offers the best possible professional training for players aged 7–13. Players are divided into groups that match our age-specific curriculum. Players will learn technical and tactical aspects of soccer all within a challenging and fun environment. The program will be led by the professional UK Elite coaches.

Location: Juanita Beach Park, 9703 NE Juanita Drive
No class 5/28 • Resident \$100 / Non-Resident \$120

Sat	9:30–11am	Apr 16–June 11	47143
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Stand Up Paddleboard (SUP) Yoga

COED: Ages 10 and up

Classes combine your favorite yoga routines and put them on the water! Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength. We begin class on shore to go over the basic fundamentals of SUP; water safety, proper paddle positioning, stroke technique, and more. All levels welcome. All equipment provided. Although no SUP or yoga experience is required students should feel comfortable in open water and be able to tread water.

Location: Juanita Beach Park SUP Shack, 9703 NE Juanita Drive • Resident \$100 / Non-Resident \$120

Tuesdays 4 classes per session

Tues	6–7:15pm	July 5–26	47163
Tues	6–7:15pm	Aug 2–23	47164

Thursdays 4 classes per session

Thurs	6–7:15pm	July 7–28	47165
Thurs	6–7:15pm	Aug 4–25	47166



YOUTH TENNIS LESSONS

Using the USTA's QuickStart Tennis program play is structured for kids to learn, rally and play in a way that is enjoyable and rewarding which will promote a lifelong passion for the game. All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as a makeup day if needed. Loaner rackets are available. Don't forget your water and sunscreen!

QuickStart Beginner

Ages 8 to 14 years

The Basics: Forehand, backhand, serve and scoring.

Resident \$68 / Non-Resident \$82

July 5th session, 7 classes: \$60 / Non-Resident \$72

*Location: Juanita High School Tennis Court
10601 NE 132nd St., Kirkland*

Mon–Thur	9–10am	June 20–June 30	47561
Tues–Thur & Mon–Thur	9–10am	July 5–July 14	47562
Mon–Thur	9–10am	July 18–July 28	47563
Mon–Thur	9–10am	Aug 1–Aug 11	47564
Mon–Thur	9–10am	Aug 15–Aug 25	47565

QuickStart Intermediate—

Ages 8 to 14 years

Fine-tuning basics, specialty strokes and game strategy. Players can presently sustain a short rally, knows how to serve and start play as well as a good understanding of scoring.

Resident \$68 / Non-Resident \$82

July 5th session, 7 classes: \$60 / Non-Resident \$72

*Location: Juanita High School Tennis Court
10601 NE 132nd St., Kirkland*

Mon–Thur	10:05–11:05am	June 20–June 30	47566
Tues–Thur & Mon–Thur	10:05–11:05am	July 5–July 14	47567
Mon–Thur	10:05–11:05am	July 18–July 28	47568
Mon–Thur	10:05–11:05am	Aug 1–Aug 11	47569
Mon–Thur	10:05–11:05am	Aug 15–Aug 25	47570

Youth Ice Hockey

Youth Ice Hockey 1: Learn to Skate

Ages 4 to 10 years

The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2—Learn to Play. Proper skating techniques are the primary focus of the levels.

Location: SnoKing Ice Arena; 14326 124th Ave NE

• *Equipment required: (Equipment can be rented) helmets, stick, gloves rental available with registration • 6 week series, one class a week • Prerequisite: N/A (new skaters welcome) • No class 5/28 and 7/2 • Registration closes one week in advance.*

Class Fee with No Rental Equipment

Resident \$115 / Non-Resident \$138

Sat	11:40am–12:40pm	April 9–May 14	48172
Sat	11:40am–12:40pm	May 21–July 9	48173
Sat	11:40am–12:40pm	July 16–Aug 20	48179

Class Fee with Rental Equipment

Resident \$145 / Non-Resident \$174

Sat	11:40am–12:40pm	April 9–May 14	48174
Sat	11:40am–12:40pm	May 21–July 9	48175
Sat	11:40am–12:40pm	July 16–Aug 20	48176

Ice Hockey 2: Learn to Play

Ages 4 to 10 years

The program focuses on the fundamental skating and stick-handling skills used in games, in addition to improving each player's balance, agility and control. Players get the opportunity to play in game situations. Players are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

Location: SnoKing Ice Arena; 14326 124th Ave NE

• *Full hockey equipment required (Equipment can be rented) • 16-week program, 1-hour class held on Saturdays • No class 5/28 and 7/2*

Prerequisite and Requirements: Hockey 1 or basic ice skating skills • *Players must be registered with USA Hockey and will be given instructions on how to do so prior to 1st day of class • Annual membership cost is \$49 for ages 7 and up, no fee for 6 years and younger • The registration is required for insurance purposes and is active for the whole 2016 season.*

Class Fee with No Rental Equipment

Resident: \$225 / Non-Resident \$270

Sat	11:40am–12:40pm	April 2–July 30	48180
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Class Fee with Rental Equipment

Resident \$305 / Non-Resident \$366

Sat	11:40am–12:40pm	April 2–July 30	48181
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